



Maria Bez
Dip Nutr, BSc Nutr Med
Nutritional Medicine Practitioner

Minestrone

100g cannelloni beans, soaked overnight
1.7 litres stock
2 bay leaves
2 sage leaves
1 tbsp olive oil
1 stick of celery, chopped
1 large carrot, chopped
2 onions, peeled and finely chopped
1 red pepper, deseeded and diced
1 yellow pepper, deseeded and diced
1 courgette, diced
6 ripe tomatoes
Black pepper
50g short-grain brown rice
225g spinach
1 tbsp finely shredded flat-leaf parsley
8 basil leaves, finely shredded

Drain and rinse the beans. Put into a pan with 1.2 litres of stock, bay leaves and sage. Bring to the boil, reduce the heat and simmer for about 1 hour or until tender. Remove from the heat and leave to stand in the liquid until needed. Meanwhile, skin, deseed and chop the tomatoes, saving the juice.

Steam fry the celery, carrot, garlic and onions in the olive oil and 1 tablespoon water until they soften. Add the red and yellow peppers, courgette, tomatoes and remaining stock, season and simmer for 15 minutes. Add the rice and spinach. Remove the bay and sage leaves from the cannellini beans and add them, with their stock, and the parsley. Cook for a further 5 minutes. Finally stir in the basil.

Ladle into individual soup bowls and serve.